

Guide to Submitting High Quality Photos for the 2026 LLLC Calendar

Thank you for considering sharing your beautiful breastfeeding moments with us! To help your photos look their best in print, here's what we mean by high-quality photos:

Clear Resolution

- Sharp and In Focus: Photos should be clear and not blurry.
- High Resolution: Images should be at least 300 dpi (dots per inch) for sharp, crisp print quality. This usually means a file size of 1MB or larger.
- No Screenshots or Low-Resolution Images: These don't print well and may appear pixelated.

Vibrant and Natural Colors

- Rich, True-to-Life Colors: Images should look natural and vibrant without heavy filters or over-editing.
- Authentic Look: We want to capture real, heartfelt moments, so natural tones are preferred.

File Format and Orientation

- Preferred Formats: JPEG or PNG files, as they maintain high quality for printing.
- Orientation: Both portrait (vertical) and landscape (horizontal) photos are welcome. Landscape is often easier to fit into a calendar layout, but we will consider both!

Good Lighting

- Natural Light is Best: Outdoor light or light from a window gives a warm, natural look.
- Evenly Lit: Avoid harsh shadows or overexposed spots. Soft, diffused lighting creates a beautiful, flattering effect.
- No Harsh Flash: Flash can create red-eye or unnatural shadows.

Composition and Framing

- Focus on Connection: Photos that capture the emotional bond between parent and child are especially impactful.
- Clean Backgrounds: Choose a background that is simple and uncluttered to keep the focus on the breastfeeding moment.
- Creativity is Welcome: Whether it's candid or posed, we love photos that tell a story or capture unique perspectives.

Submission Details

- Upload your photos directly on our website: LLLc.ca/2026-calendar
- Complete Image Use Permission Form

We're looking for authentic moments of connection and love. Whether it's a quiet nursing session at home, a playful moment in nature, or a powerful example of breastfeeding in public, your story matters.



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